

Instructions for Breast Reconstruction with Implant

PRE-OPERATIVE INSTRUCTIONS

- Aspirin- Do not take Aspirin or Aspirin-containing compounds for two weeks before or after surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol as needed.
- Smoking - No smoking for 3 months before and after surgery. Smoking will result in poor wound healing. Nicotine causes vasoconstriction of blood vessels which lead to decreased nutrients and blood supply to the tissues. This will lead to delayed wound healing, poor scarring, and possibly additional surgery.
- Medications - Notify us if you routinely take any medications. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc...) please take as usual.
- Illness - If you develop any symptoms of a cold, cough, or infection, call our office for advice.
- Diet - Nothing to eat or drink after midnight the night before surgery. Dr. Stratis will tell you what medications you may take the morning of surgery.

DAY OF SURGERY

- Arrival time - The surgery facility will call you the day before surgery (or the Friday before if your surgery is on a Monday) to give your arrival time. You will need someone to drive you home.
- Contact person - Please let us know what phone numbers you can be reached at before and after surgery.
- Dress - Shower and shampoo the morning of surgery and report to the surgery center/hospital at the designated time. Do not bring jewelry or valuables with you. Wear loose fitting, comfortable clothes, preferably something that opens in the front (either buttons or zips). Someone will need to drive you home from the hospital. Also, a responsible person should stay with you the first night home.

POST OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours after surgery. Sleep on your back with your head elevated on two pillows. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take medication on an empty stomach as it may cause nausea.
2. Showering and shampooing is allowed as soon as you are home. After the dressings have been removed in the office, wash suture lines daily with soap and water. You may have drainage tubes (one or two) which will be removed when the drainage decreases. We will instruct you how to care for the drains.
3. You may be instructed to use an antibiotic ointment on the suture lines twice daily. Neosporin or Bacitracin is recommended.
4. Avoid strenuous exercise such as jogging, running, or aerobics for 3-4 weeks after surgery. Walking is good exercise. You may drive within several days of surgery when you feel

comfortable and in control of the vehicle. Sexual activity can resume when you feel it is appropriate.

5. You may experience some bloody drainage from your incisions. Use gauze pads, sanitary pads, or nursing pads as necessary to avoid soiling your clothing. Sterile dressings are not necessary.
6. Despite the greatest of care, any wound can become infected. If your breasts become more swollen, red, start to drain profusely, or become more painful, contact our office for advice.

THINGS TO REPORT TO OUR OFFICE

1. Severe pain unrelieved by medication.
2. Temperature of 100 degrees or greater.
3. More swelling and/or pain on one side than the other.
4. Nausea or vomiting.
5. Increased redness of chest skin.

Should any of these conditions exist, or should you have concerns about your surgery, you can reach the office at 717-728-1700 or Dr. Stratis on his cell number 717-572-2116.